

Proposal of a recreational program to reduce the psychological stressors of the movement disabled group

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Abstract: This study aimed at identifying the impact of a recreational program on the reduction of psychological stressors in the mobility disabled group. In order to improve their situation and integrate them into society, we used the pilot curriculum on a sample of 06 members of this category, and they were deliberately selected and used to collect data recreational program and the same psychometer. The results showed the effectiveness of the recreational programmer in reducing psychological stressors in individuals with mobility disabilities.

Keywords: Recreational program; Stress; Motely disabled.

ملخص: هدفت هذه الدراسة الى التعرف على اثر برنامج ترويجي في التقليل من الضغوطات النفسية لدى فئة المعاقين حركيا وهذا من اجل تحسين اوضاعهم و ادماجهم في المجتمع، قمنا باستعمال المنهج التجريبي على عينة قدرها 06 افراد من هاته الفئة، وتم انتقاؤهم بطريقة عمدية واستعملنا لجمع البيانات برنامج ترويجي و كذا مقياس الضغط النفسي. وأظهرت النتائج المتحصل عليها إلى مدى فعالية البرنامج الترويجي على التقليل من الضغوطات النفسية لدى الافراد المعاقين حركيا.

كلمات مفتاحية: برنامج ترويجي ، الضغط النفسي ، المعاقين حركيا.

1- Introduction:

Evolution of science and prosperity and increased technological development in various fields to serve man to facilitate and conduct his life better In spite of this development, there is a group of individuals who live on the margins of society and live a turbulent life in an atmosphere of deprivation and frustration. Thanks to social consciousness, psychological studies began to concern themselves with impaired people.

After theoretical research, it became a fertile field for scholars, and after attention to the bad, the field expanded to other vulnerable minds and persons with disabilities and examined their behaviour and the impact of the disability on them. **(Hamza and Hassan, 1956, p. 14)**

This is consistent with what Halmi Ibrahim went on to say: "The civilization of nations in this era is now measured by the amount of care it provides for the disabled, and in this century scientific victories have been achieved in many sciences associated with the field of disabled people such as medicine, physiotherapy and psychology..." **(Halmi and Farhat, 1998, p. 23)**

The areas of psychology and education have expanded to include mental health problems, problems of personal and social adjustment in general and other topics. In recent years, attention to disease and disability has increased, especially on the part of those involved in social, psychological and medical matters. This interest has led to the emergence of many branches of knowledge in this field and further progress in rehabilitation methods and services for persons with disabilities and recognition that these services contribute to the process of social and psychological development, It is now necessary to attach great importance to this group, whose number is increasing by the day. The factors of this increase are many and varied, some of which may be due to wars here and there. Besides environmental pollution caused by the presence of factories in cities and public places In addition to this, the complexity of the social lifestyle and the frequent incidents of work and traffic have contributed to this.

Today, human beings live in an era of evolution and progress in the diverse spheres of life, which makes them face many challenges that cause some incompatibility and disruption in social and personal relationships. Human beings, whether together with disabilities, live a

life of anxiety and emotion and suffer from many different challenges of origin and origin and must face, resist or coexist with them so that they can escape their stress and anxiety in order to adapt to the environment, With the revolution of contemporary information and technology, the dramatic changes and subsequent developments that have made the world a small village where individuals learn about small and large events, it has created a kind of imbalance for the individual of scientific and technical developments, as well as the individual's impact on what he or she hears and sees. The pressures have thus become synonymous with our era.

Everyday life events carry with them the stressful attitudes that an individual perceives in study, work, family, interaction with people, problems that do not find appropriate solutions, and the accelerated rhythm and requirements of life. Desouki (1996) described this era as an era of psychological stress because we live in an age of exciting situations and events. Technological developments that have led to changes and socio-economic developments and associated changes in values have made the world abuzz with disturbing events and psychological turmoil that threaten one's psychological, physical, physical and social security. **(Desouki, 1996, page 44)**

Sports in modern societies is the most common way of recreation due to their understanding of the positive and assured value of physical, psychological and social aspects of sports practice.

In all developed countries, the disabled has become a productive human being who participates in life-making and decision-making. The disabled face psychological problems and may develop psychological stress and emotion because their disability makes them feel different from most people and is the field of study we seek to reach.

Psychological stressors lead to isolation and tendencies to unity from society. Knowing the characteristics of the physically disabled is necessary for their parents in the home or the community in order to find the best ways and methods to deal with these stressors that confront them. Among the modern ways of reducing these stressors is the exercise of recreational sports activity. Is it a kind of activity practiced in leisure time and chosen by the disabled individual from the personal creativity of many Daily emotions.

Through this introduction, we tried to ask this question:

*** How effective is a recreational sports programme to reduce psychological stress in individuals with mobility disabilities?**

1- Study hypotheses:

1.1 General hypothesis: The recreational sports program has an impact on reducing psychological stress in individuals with motor disabilities.

1.2 Partial hypotheses:

* There are statistically significant differences between the average scores of experimental group members in the tribal and remote measurement of the level of social pressures attributable to the proposed recreational sports programme.

* There are statistically significant differences between the average scores of experimental group members in the tribal and remote measurement of the level of family pressures attributable to the proposed recreational sports programme.

* There are statistically significant differences between the average scores of experimental group members in the tribal and remote measurement of the level of academic pressures attributable to the proposed recreational sports programme.

2- Objectives of the study:

This study aims to identify:

- 1) Know the level of psychological stress in individuals with motor disabilities.
- 2) Develop a comprehensive view of the seriousness of recreational sports activity on the psychological side of the disabled.
- 3) Know the impact of the recreational sports program on the side of social pressures in the mobility disabled.
- 4) Know the impact of the recreational sports program on the family pressures side of the mobility disabled.

5) Know the impact of the recreational sports program on the side of the school pressures of the mobility disabled.

6) Work to engage persons with disabilities actively in contributing to the building of the sports community.

3-Definition of the study's concepts:

3.1 Recreational Sports Activity:

Activity: It is the actual exercise of an act, and is called in particular every mental or motor process that is more automatic than responsive, or every mental or biological process dependent on the use of an organism's energy. (Saliba, 1994, p. 469)

Recreation: The term recreation is derived from the Latin word (recreation). The first passage (Re) means reconstruction, and the second passage (creation) means creation, and it is also understood from the recreation term as innovation, creativity and innovation. (tahani, 2001, p. 104)

"Kamal Darouish" and "Mohammed Al-Hamami" emphasize that: "Recreation is a way of life and works to develop the personality of the individual who chooses his activity personally to practise it in leisure time." (Darouich and Al-Hamhami, 1997, p. 54)

Sports Recreation: Amani Mutawi Al Batrawi and Mohammed Abdulaziz Salama 2013 indicate about Hamahami and Aida Abdul Aziz that sports recreation is meant by the kind of recreation whose programs include many physical and sporting activities, and is considered the most influential type of recreation on the physical and physiological aspects of the individual practising aspects of his activities that include games and sports. (Batraoui and Salama, 2013, p. 22)

In the opinion of the researcher, recreational sports activity is a sports activity that is practised in leisure time where the practitioner accepts it for the purpose of pleasure and pleasure, and this activity is optional.

3.2 Psychological pressure:

Pressure: Smith 1993. The derivative meaning of the term is attributable to Latino origin. The word "stressor" is derived from the

Latin word Stictuso. This means that pressure refers to feelings of distress, internal anxiety or oppression and persecution, which implies imprisonment, restraint, injustice or restriction of liberty. (Abdeladim, 1996, p. 17)

It was only in the 14th century that this term appeared in Europe when they described one person as being under severe pressure from the slow growth of his righteousness. (hijan, 1998, p. 26)

Psychological pressure: Hans Seely defined psychological stress as the body's non-qualitative response to any motivation requirement, as it is the involuntary way in which the body responds to its mental and physical preparedness for any motivation, expressing feelings of threat and fear, such as surgery. (Al-Rashidi, 1999, p. 17)

Talat Mansour and Viola Balawi define it as those conditions associated with stress, stress and severity resulting from requirements and changes that require some kind of individual reconciliation and the resulting physical and psychological effects. (Talaat, 1997, p. 07)

Psychological stress is defined as an adaptive response caused by individual differences between individuals or by psychological processes contributing to them. Therefore, it results from any environmental event, situation or incident to further psychophysical and physical effort of the individual.

Greenberg defines psychological stress as a physiological and mental reaction resulting from individuals' responses to environmental tensions, conflicts and stress events. (amroush, 2016, page 148)

3.3 Motor Disabled:

Disability: inability to perform work that other people can perform and disability becomes a disability when it limits a person's ability to do what is expected of him at a certain point.

According to the medical concept, persons with mobility disabilities are infected in the motor system and suffer from functional deficiencies. The thing that distinguishes them is difficulty or impossibility. (Jalal, 1980, p. 121)

Persons with motor disabilities: Any individual who has lost a part of his sensory, motor or muscular abilities whether the cause is innate or

non-innate, leaving him unable to perform the work in an integrated manner as a result of such disability. (Ben Abdullah, 2018, page 136)

Manal Mansour Bouhmid (1985) was generally known as the mobility disabled person who had a reason to impede his movement, his activity as a result of a dysfunction or impairment, as well as the person who had muscles, joints or bones in a way that limited her mobility, her normal function and thus affected his education and psychological condition. (Bouhmeid, 1985, p. 45)

Through our research, a mobility disability is a person who has a physical barrier that prevents him from performing his functions normally and limits his or her motor and sensory abilities, or both, so that he or she has a lack of social relationships and limits the attainment of his or her life goals and lives with the greatest autonomy.

4-Previous and similar studies:

Study I : The 2011 Zarouk Nail Study entitled "The Impact of Adapted Competitive Sports Activity on Reducing Psychological Stress in the Mobilized Disabled and is a descriptive study of wheelchair basketball clubs in Algiers, Master's degree aimed at knowing the level of psychological pressure in the mobility of the disabled practitioners of wheelchair basketball who are in the national championship of the first and second national divisions The study was based on the survey descriptive curriculum and the sample of the study consisted of 48 athletes in the mobility disabled category. The results showed that there were statistically significant differences between National Division I players and National Division II players regarding the dimension of anxiety. intimidations, while there are no statistically significant differences between National Division I players and National Division II players regarding the dimension of financial and economic pressures. (Zarouk, 2011)

Study II: Muhammad Makhaneth's study 2015 under the heading: The role of adapted physical sports activity in the psychological adjustment of persons with special needs (Persons with motor disabilities), this study aims to describe the relationship between social adjustment levels and motor disabilities and to highlight the role of adapted physical activity in achieving the first goal of each disabled person, namely proper psychological adjustment. The researcher used

the descriptive curriculum and the sample of the study consisted of 70 athletes from the category of dynamically disabled practitioners of sports activity present in both (Al-Nasr Club for the Mobilized Handicapped with Bastaganem, Amal Club for Basketball in Bossadah, Amal Club for Tetra by Daydah, Peace Society for Taqrat and Amateur Sports Club for the Disabled with Mesel) More than 17% of the research community of basketball athletes in chairs nationwide, and also 70 disabled people who are not physically active are in both (Municipal Training Centre for Disabled Persons, Jomaa Valley, Glazan, and Vocational Training Centre for Disabled Persons, Mohamed Mahboubi, Agut) And the results showed differences in the level of psychological adjustment and also the level of emotional adjustment between practitioners and non-practitioners of physical activity for the benefit of practitioners. (Androgynous, 2015, pp. 94-106)

5- Methodological procedures for the study:

5.1 The curriculum followed: The experimental curriculum was used to fit it into the research topic. The curriculum in scientific research represents a set of rules and foundations that are developed in order to get to the truth. The research curriculum varies according to the subjects dealt with and therefore there are several types of scientific curricula.

5.2 Exploratory study: It is a process undertaken by the researcher to experiment with the means of his research to determine its validity, its sincerity to ensure the accuracy and objectivity of the results obtained at the end. This survey precedes field work, and aims to measure the level of honesty and consistency of the tool used in the field study. It also helps the researcher to know the different circumstances surrounding the application process.

Accordingly, prior to conducting the field study, we conducted a survey with the following purpose:

- Know the size of the original community and its features and characteristics.
- Ensure the validity of the search tool (psychometer) through exposure to the following aspects:
- Clarity and suitability of items for sample level and characteristics.

- Ensure the psychometric properties of the scale used (honesty and stability).
- Make sure the instructions are clear.
- Prior knowledge of the conditions for conducting the basic field study and avoiding difficulties.

5.3 Society and sample study: The society of this study represents the dynamically disabled persons present in the municipality of djelfa, the sample of the study was chosen in a deliberate manner and the sample size is estimated at 06 individuals aged 18-25 years.

5.4 Identification of study variables:

- Independent Variable: Recreational Sports Program.
- Dependent variable: psychological pressure.

5.5 Areas of study:

- Human area: The study was made up of members of the Gilfa Municipality's mobile disabled population aged between 18 and 25 years.
- Spatial Field: We conducted field research at the Olympic Pool at the Sports Complex on November 1, 54.
- Field Time: We conducted field research from the beginning of December 2021 until the end of January 2022.

5.6 Study Tools:

To collect the data needed to complete this study, we used the following:

Psychiatric stressor scale: After reviewing several measures of psychological stress in persons with motor disabilities, the scale prepared by Dr. Fatima Sahab Al-Rashidi 2016 was based on a scale consisting of (24) A paragraph measuring the concept of psychological stresses in persons with motor disabilities through four dimensions (Social pressures, family pressures, school pressures, economic pressures) Each dimension contains (06) paragraphs and that contains the Licert Triple Ladder (OK, neutral, not OK), the

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response on the scale is based on triple grading: Not OK, neutral, OK, and the degree of each paragraph of the scale is from 01 to 03 degrees respectively.

Due to the nature of the study, economic pressures were excluded and limited to the three remaining dimensions: social pressures, family pressures, and study pressures.

Sincerity and Stability of Psychological Stress Scale:

We applied the scale to the individuals of the reconnaissance sample in order to know honesty and stability.

- Sincerity of internal consistency: Sincerity of internal consistency: This method leads to an estimate of the scale's formative honesty, by finding the correlation factor between the result of each paragraph and the result of the scale as a whole, and to verify the sincerity of internal consistency we study the correlation factor between each axis of the scale with the overall grade of the scale.

Table No. (01): Correlation coefficient between the grades of the psychometric dimensions and its overall degree.

N	axes	social pressures	family pressure	Study pressures	Scale in all dimensions
01	social pressures	1	0.90	0.88	0.92
02	family pressure	0.90	1	0.90	0.94
03	Study pressures	0.88	0.90	1	0.88
	Scale in all dimensions	0.92	0.94	0.88	1

Prepared by the two researchers

Table No. (01) summarizing the results given by the statistical package program shows that correlation factors are a function at level

0.01, i.e. there is a positive correlation between (0.88 - 0.94) and a high score, which indicates the sincerity of the scale in what it was laid for.

- **Honesty (Honesty of arbitrators):**

The prima facie authenticity of the tests was ascertained by presenting to a panel of arbitrators a number of professors (05). The result of the arbitration was that most professors agreed that most of the paragraphs of the scale were appropriate, modifying in some terms to be understood for the sample studied.

Tool Stability:

It means that the scores obtained are accurate and error-free, which means that if the same measurement instrument (test or scale) is applied to the same individual or object any number of times in the same way and conditions, we will receive the same value each time; This applied double testing and retest to a sample of (03) members of the original community, and the instrument constant coefficient was calculated by the Alpha Cronbach equation.

Cronbach prepared his equation known as Coefficient Alpha to estimate the internal consistency of multiple-choice tests and metrics, i.e. when the odds of answering are not zero, i.e. not two-dimensional. (Radwan, 2006, pp. 138-139)

The stability of the psychomotor: Alpha = 0.772. The constant factor for all dimensions of the scale was:

- After social pressures: Alpha = 0.765 - After family pressures: Alpha = 0.809
 -After study pressures: Alpha = 0.553

Table No. (02): Shows the coefficient of stability and self-honesty of the psychometer

scale	Alfa Kronbach coefficient	Self-honesty
stress	0.772	0.878
Self-honesty = square root of the constant factor		

Prepared by the two researchers

The value shown in Table 02 shows us that the value of the alpha-kronbach psychometer coefficient is 0.722, which is a high value and D statistically at the indicative level of 0.05, and the results in the table show that the self-authenticity coefficient (Stability Index) is 0.878, which is a high value, which means that the scale is honest, and therefore these results mentioned in the table allow us to apply the measure in the study and rely on the results obtained through it.

6.7 Statistical methods used in the study:

After the application phase, the data was discharged in the computer for analysis and processing through the statistical program SPSS, this is in order to discuss hypotheses in light of the research objectives, and we have used the following statistical methods:

- Calculate the Alpha Cronbach equation, to see the stability of the search tool.
- Computational average and standard deviation to recognize the characteristics of the studied sample.
- Test test to recognize the significance of differences between grades.

7-Presentation and analysis of study results by hypothesis:

7.1 Presentation and discussion of the first hypothesis:

The third hypothesis read: "There are statistically significant differences in social pressures between the average scores of members of the experimental group in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports program", and to verify the validity of this assumption we used the "T" test to find differences between the two measurements.

Table showing the computational average, standard deviation and test "T" in the tribal and dimensional measurements of the experimental group

dimension	number of individuals	Measurement Type	arithmetic mean	standard deviation	degree of freedom	(T) Calculated	T" Tabular"	significance
social pressures	06	Tribal measurement	15.667	1.505	5	7.787	2.015	0.002
	06	Dimensional measurement	9.833	0.752				

Prepared by the two researchers

We note from the table through the results of the family pressure dimension that the calculation average of the experimental group decreased to (9.833) and a standard deviation of (0.752), after the calculation average before the application of the recreational sports program (15.667) and a standard deviation (1.505).

In the table, we note that the calculated test value "T" is estimated at 7.787, which is greater than the estimated "V" value of 2.015 at the degree of freedom. (5) An indicative level of 0.05, of which there are statistically significant differences in social pressures between the average scores of members of the experimental group in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports programme.

7.2 Presentation and discussion of the second hypothesis:

The second hypothesis read: "There are statistically significant differences in family pressures between the average scores of members of the experimental group in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports program", and to verify the validity of this assumption we used the "T" test to find differences between the two measurements.

We note from the table through the results of the family pressure dimension that the calculation average of the experimental group decreased to (9.833) and a standard deviation of (0.752), after the calculation average before the application of the recreational sports program (15.667) and a standard deviation (1.505).

Table showing the computational average, standard deviation and test "T" in the tribal and dimensional measurements of the experimental group

dimension	number of individuals	Measurement Type	arithmetic mean	standard deviation	degree of freedom	Calculated (T)	"T" Tabular"	significance
family pressure	06	Tribal measurement	15.5	1.048	5	7.348	2.015	0.002
	06	Dimensional measurement	9.5	1.378				

Prepared by the two researchers

We note from the table through the results of the social pressures dimension that the computational average of the experimental group decreased to (9.5) and a standard deviation of (1.378), after the computational average before the application of the recreational sports program (15.50) and a standard deviation.(1.048)

In the table, we note that the calculated test value "T" is estimated at 7.348, which is greater than the estimated "T" value of 2.015 at the degree of freedom. (5) An indicative level of 0.05, of which there are statistically significant differences in family pressures between the average scores of members of the experimental group in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports programme.

7.3 Presentation and discussion of the third hypothesis:

The first hypothesis read as follows: "There are statistically significant differences of study pressures between the average scores of experimental group members in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports program", and to validate this assumption we used the "T" test to find differences between the two measurements.

Table showing the computational average, standard deviation and test "T" in the tribal and dimensional measurements of the experimental group

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dimension	number of individuals	Measurement Type	arithmetic mean	standard deviation	degree of freedom	(T) Calculated	"T" Tabular"	significance
Study pressures	06	Tribal measurement	14.667	1.632	5	6.874	2.015	0.000
	06	Dimensional measurement	9.833	1.169				

Prepared by the two researchers

We note from the table through the results of the dimension of study pressures that the computational average of the experimental group decreased to (9.833) and a standard deviation of (1.169), after the computational average before the application of the recreational sports program (14.667) and a standard deviation.(1.632)

In the table, we note that the calculated test value "T" is estimated at 6.874, which is greater than the estimated "T" value of 2.015 at the degree of freedom. (5) An indicative level of 0.05, of which there are statistically significant differences in the pressures of study between the average scores of members of the experimental group in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports programme.

8-Discussion and interpretation of results by hypothesis:

8.1 Discussion and interpretation of the results of the first hypothesis:

The first imposition states that there are statistically significant differences in social pressures between the average scores of test group members in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports programme The calculated "V" test value was estimated to be 7.787 and greater than the estimated "V" calendar value of 2.015 at the degree of freedom. (5) The level of indication of 0.05, which confirms that there are differences between the two tests attributable to the recreational sports programme practised by this sample of persons with disabilities, This is what Tersudicho 2002 stated that recreational sports reduces guilt and their feeling that disability is not a form of punishment as well as easing aggressive attitudes towards themselves and their environment is the best way to express aggressive but socially acceptable instinct. (oudisho, 2002, p. 39)

Mahmoud Abdullah Ahmed al-Shati and Muthanna Ahmad Khalaf al-Mazrouei's 2009 study on the impact of a sports recreation program on the

development of some physical and psychological aspects of those with motor disabilities in the lower limbs.

8.2 Discussion and interpretation of the results of the second hypothesis:

The first imposition states that there are statistically significant differences in family pressures between the average scores of members of the experimental group in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports programme. The calculated "T" test value was estimated to be 7.348 and greater than the estimated "T" calendar value of 2.015 at the degree of freedom. (5) The indicative level of 0.05, which confirms that there are differences between the two tests attributable to the recreational sports programme practised by this sample of disabled persons and is the same as the conclusion of the 2006 Arabian Grave in a study on the employment of sports and recreational activities modified in improving the personal and social adaptation of the disabled, This development and improvement are due to the role of games and exercises guaranteed by recreational sports activities that have helped to create and link intimate relationships with others, thus developing the relationship between the disabled and the family.

In the same vein, Mr. 1968, Mr. Fouad El-Bahi asserts that "dealing with parents in a child is a spirit of self-confidence, and this confidence increases as he ages, i.e. until he enters the stage of independence". (Elsaied. 1968, p. 282)

This is confirmed by Davie Zitony 1989 in her study "Psychosocial Adjustment of the Girl with a Mobility Disability", where the results show that the family has a role in adaptation and non-adjustment, and its role has a greater impact than that of the type of disability, since the more intimate family relationships the more the disabled feel of psychological comfort, reassurance and adaptation to life. (Zitouni, 1989), which is the same as our conclusion, and from it, we say that the second hypothesis is achieved.

8.3 Discussion and interpretation of the results of the third hypothesis:

The first imposition states that there are statistically significant differences in study pressures between the average scores of test group members in tribal measurement and their average grades in dimensional measurement attributable to the proposed recreational sports programme. The calculated "T" test value was estimated at 6.874 and was greater than the estimated "T" calendar value of 2.015 at the degree of freedom. (5) The level of indication of 0.05, which confirms that there are differences between the two tests attributable to the recreational sports programme practised by this sample of disabled persons, is referred to by Fatihin Ayesha in her 2004 study The pedagogical psychological adjustment of the physically disabled (Model for visually or dynamically impaired learner) The results show that disabled people practising sports activities are more accessible and assimilated to disability than non-practitioners. (Conquerors, 2004)

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In the study of Muhammad Haydar Suleiman 2001, recreational sports activities contribute to increasing the ability to focus and pay attention, which contributes to increasing study knowledge, especially as knowledge acquisition is associated with actual practice.

Annan says 1995 to those who perform sports activities, whether organized or recreational, are more skilled, knowledgeable and capable, which helps them acquire knowledge from all individuals, whether healthy or with special needs. (Annan, 1995, p. 375), which is the same conclusion as us, and from him, we say that the third hypothesis is realized

9-Conclusion:

The positive value of exercising as a treatment for illness and disabled persons has been recognized by man since the age The movement of the body has an effective effect in relieving pain, It also has a role in the treatment of many diseases at different stages of life for healthy and disabled people This study demonstrated the importance of recreational sports activity in alleviating psychological stress in various dimensions of school, family, social and even emotional facing high-determination people because it creates reassurance, psychological comfort and the ability to autonomy a disabled individual.

Recreational sports activity plays an essential role in the lives of the disabled. It is the most important requirement within the requirements of biological life, but they pay the price of not moving from their health and age. A disabled person who sits in his chair and is isolated from his world without movement and activity His arteries are stiffened, his bones are perceived and heart disease, diabetes and obesity occur. Sports activity is necessary for the disabled at all stages and types of disability because it is the best way to maintain public health.

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